

# CxMP<sup>TM</sup>

HRP571/HRP573  
Heart Rate Monitor & Pedometer  
User Manual 1.0



[www.cxmp.com](http://www.cxmp.com)

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**For Chinese Manual, please download it at [www.cxmp.com](http://www.cxmp.com)**

## GETTING START

Thank you for using our heart rate monitor HRP571/HRP573, it uses advanced wireless data transmission technology to transmit your heart rate information to the watch unit so that user can understand their heart rate performance against exercise conditions. Moreover, it uses accurate 3-dimensional gravity sensor (accelerator) to measure the walking or running steps.

Exercise Profiles, like lap or down counting, are provided for various user requirements. Those collected data will also be shown at the data log of the watch. User can read and understand their body condition easily.

**IMPORTANT:** This is the product for the purpose of sport only. It is not intended to replace any medical devices.

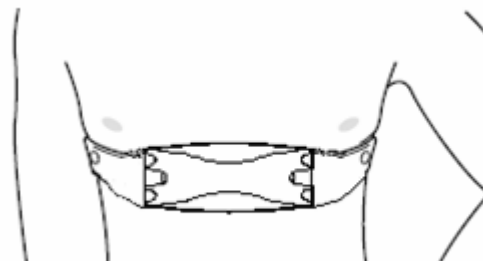
## PRODUCT ELEMENTS

The package consists of following elements:-

**Chest Strap –** It transmits your heart rate signal to the HRM watch.

Before measuring your heart rate, you need to wear the chest strap in following procedures.

- Moisten the strap of the chest strap by water.
- Put the chest strap around your chest and adjust the length of the band so as to feel snug and comfortable.



**HRM & Pedometer Watch -** The watch will show and record your heart rate, step taken, distance traveled and calorie consumed and fat burned... information under the exercise / stopwatch and count down timer measurement. Moreover, it will measure your arm swing in order to know whether you are during your running or walking. Therefore, it will not be able to know your steps taken if you withstand your arm, please wear the watch properly and swing your hand liberally to get the accurate data



Running



Walking

**Battery -** This product used CR2032 (3V Lithium battery) x 2pcs (Already installed in both Chest Strap and HRM Watch)

# HEART RATE MONITOR & PEDOMETER

## BUTTON

1. BACKLIGHT/OPTION [OPTION/\*]
2. MODE [MODE]
3. UP/+ / START / STOP [< / START]
4. DOWN/- / LAP / RESET [LAP / >]



To simplify the user manual, the button name will follow the below table :

BUTTON	RESPRESENTATION NAME
BACKLIGHT/OPTION	OPTION
MODE	MODE
UP/+ / START / STOP	START
DOWN/- / LAP / RESET	LAP

## DISPLAY



Heart Rate Indicator



Pedometer Indicator



Alarm On/Off Indicator



Morning Indicator



Afternoon Indicator



Maximum Value Indicator



Average Value Indicator



Total Value Indicator



Up Indicator



Down Indicator



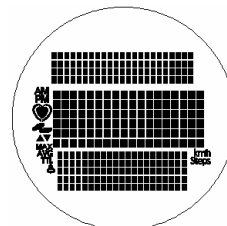
Steps Taken Indicator



Speed Km/Hr Indicator



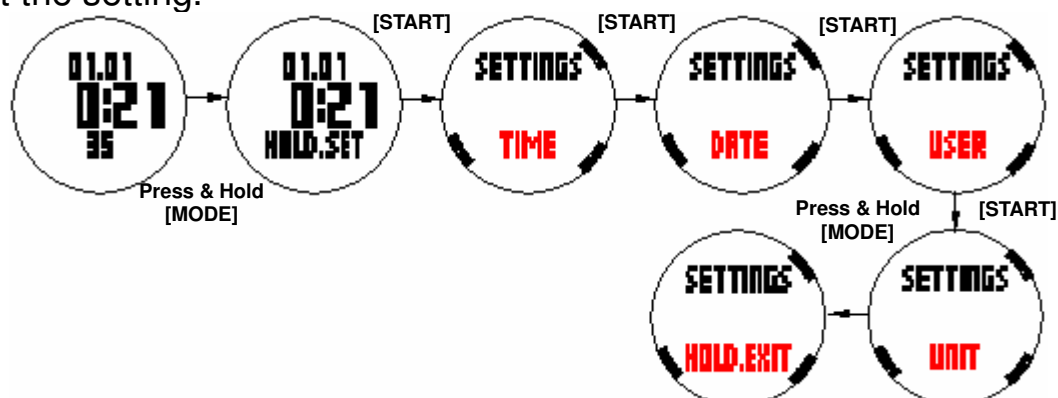
Speed Mile/Hr Indicator



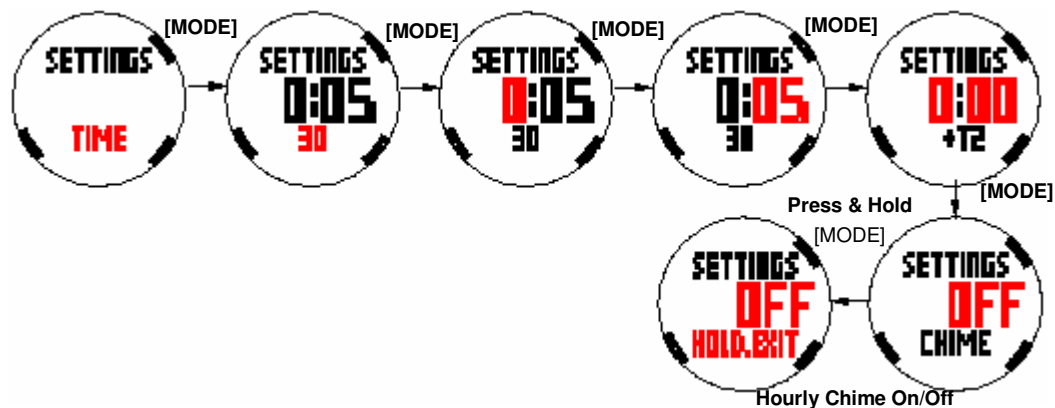
## START USING THE WATCH (THE FIRST USE)

After removing the packing, you can adjust the information stated on the watch if it needs.

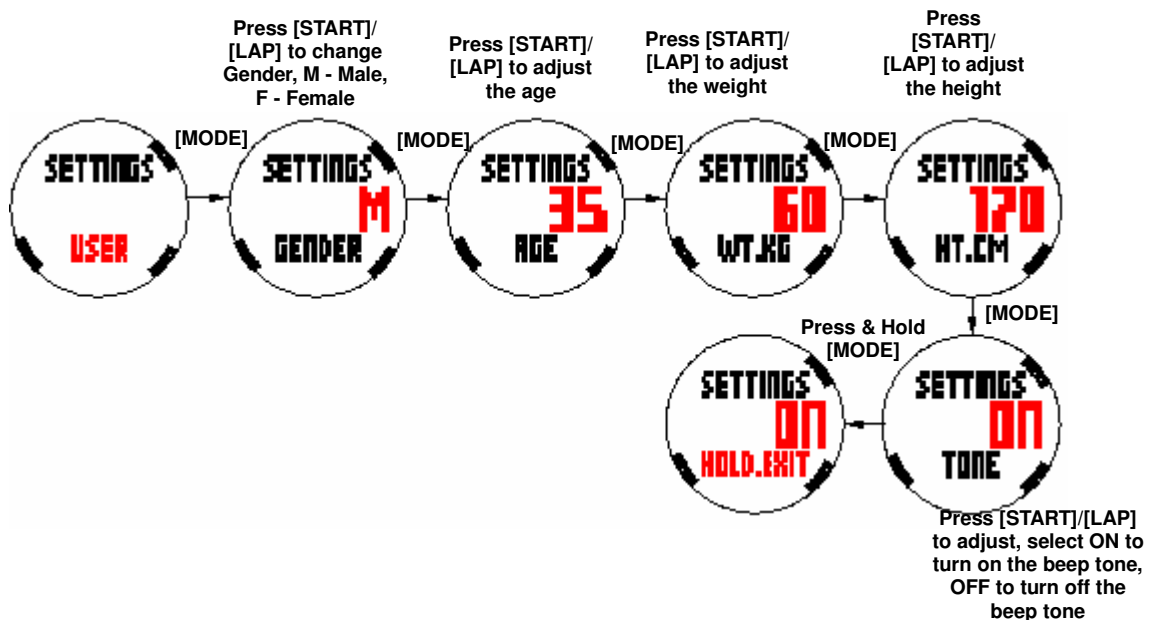
- Press and Hold **[MODE]** under the time MODE can adjust the TIME, DATE, USER and UNITS. Press **[START]** or **[LAP]** to choose different settings. Press **[MODE]** to confirm, press & hold **[MODE]** to save and quit the setting.



- Press **[START]** or **[LAP]** to choose the **TIME** setting, press **[MODE]** to enter.

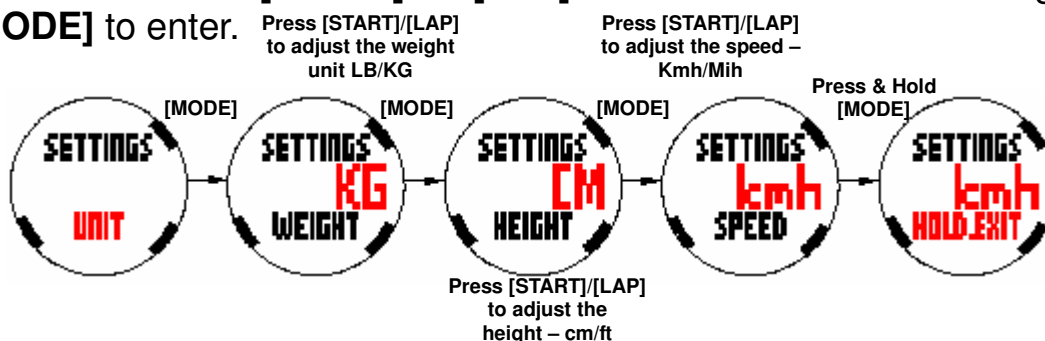


- Press **[START]** or **[LAP]** to choose the **USER** setting, press **[MODE]** to enter.



User should set the GENDER, AGE, HEIGHT and WEIGHT. This is to make sure the user can obtain accurate health information - calorie consumed and heart rate(s) summaries, during the exercise.

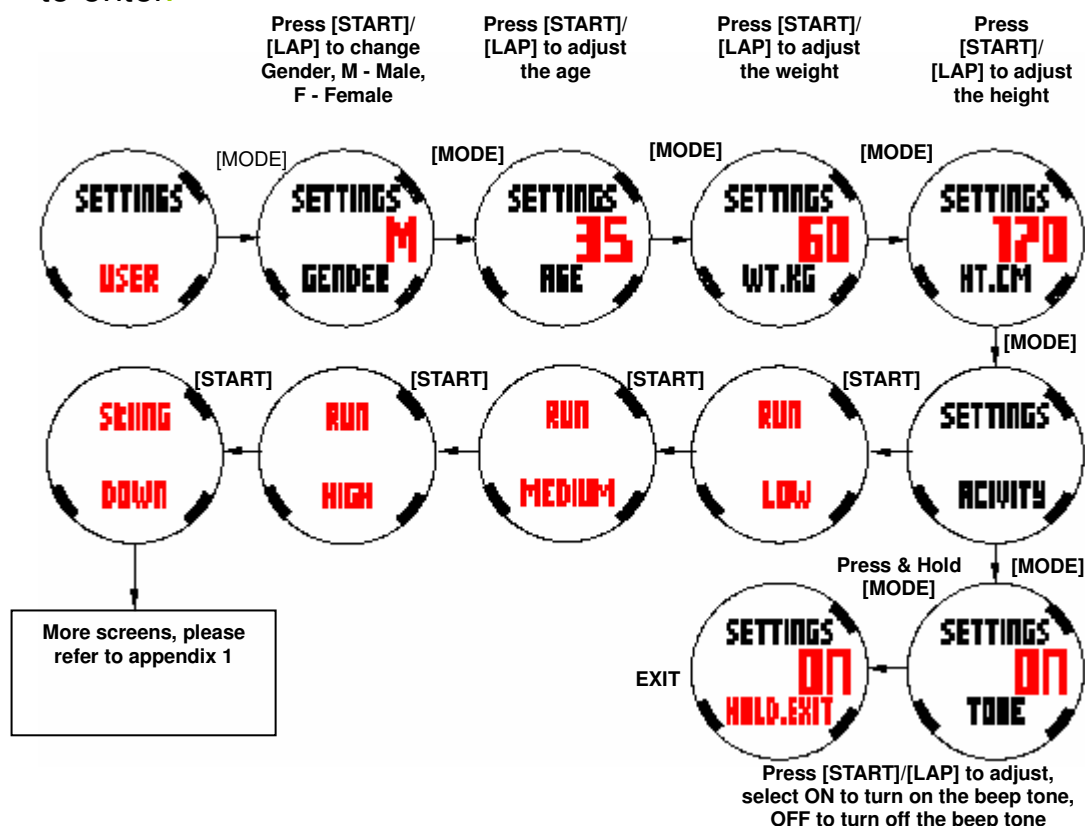
- User should use **[START]** or **[LAP]** to choose the **UNIT** setting, press **[MODE]** to enter.



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## The following User setting for Model – HRP573 only

- Press [START] or [LAP] to choose the USER setting, press [MODE] to enter.



- HRP573 User should set the GENDER, AGE, HEIGHT and WEIGHT. In addition, user should select the appropriated sport activity. This is to make sure the user can obtain accurate health information - calorie consumed and heart rate(s) summaries, during the exercise. (Sport detail, please refer to Appendix 1)

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Besides, it can calculate the BMI value, and three suggested ranges of heart rate for training. User can use those calculated information to perform own training.

Note: User can get the information on the section of the “**Heart Training Information**”

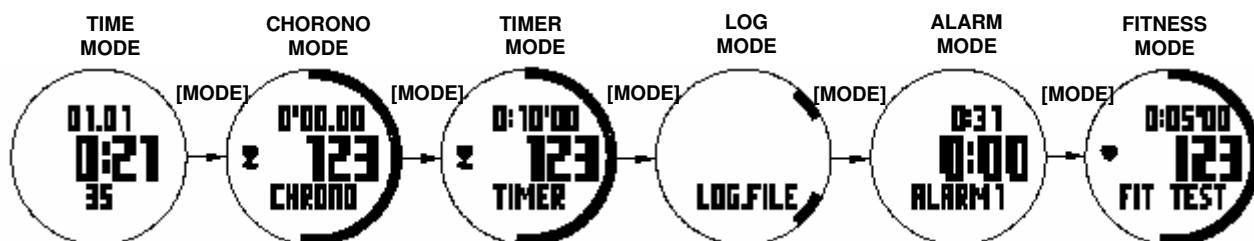
Note: The Gray colors values shown are values that are under blinking.

## MODE SELECT

Heart Rate Monitor Watch has totally 5 operation modes :

- Time MODE
- Exercise / Stopwatch Timer (CHRONO) MODE
- Count Down Time (TIMER) MODE
- Log MODE
- Alarm MODE
- Fitness MODE (For HRP573 only)

User can use **[MODE]** to choose.



Note : LOG record will be seen only when either stopwatch or count down timer mode is used.

## GENERAL EDIT PROCEDURE

In some screens, user can adjust some settings according to its necessary.

- Press and Hold **[MODE]** to enter the setting.
- Press **[START]** to adjust the blinking digit with an increase of 1, press and hold it to increase it faster.
- Press **[LAP]** to adjust the blinking digit with a decrease of 1, press and hold it to decrease it faster.
- Press **[MODE]** to jump to next screen.

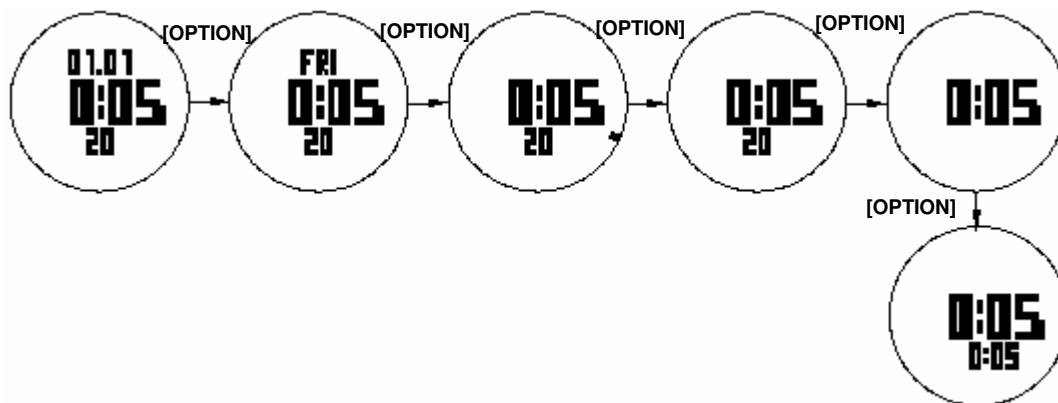
Note: The setting screen will quit automatically if there is no key pressing within 5 minutes.

## TIME MODE

- This is the first screen after the start up of the watch.



- It shows the default date, time and year.
- User can choose the desired view from the pre-defined time view formats.
- Press **[OPTION]** to change the pre-defined time view formats.



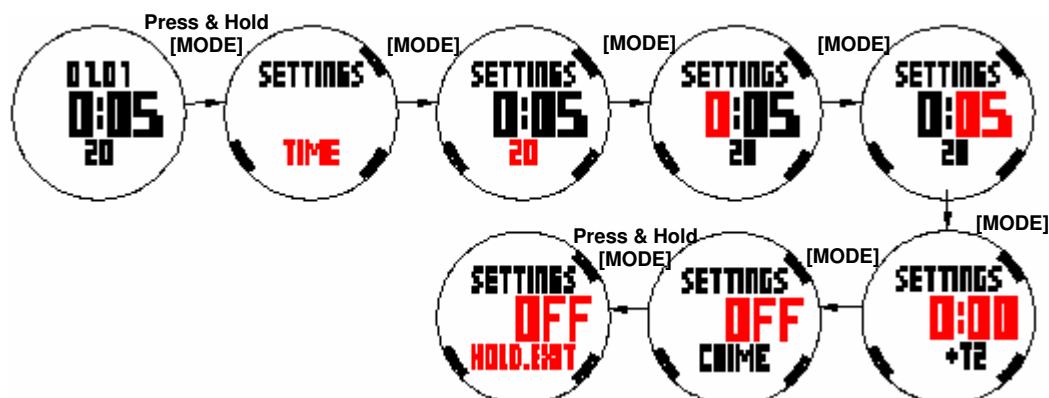
The below format shows various predefined time view format:

Time View Format	Operation
<ul style="list-style-type: none"> <li>• Display “Time” &amp; “Date”</li> <li>• Display “Time” &amp; “Day of the Week”</li> <li>• Display “Time” with second running graphic</li> <li>• Display “Time” only</li> <li>• Display “Time” (Not include seconds) only</li> <li>• Display “Time” and “Dual Time”</li> </ul>	Press <b>[OPTION]</b> to change

## TO SET DATE & TIME

### TO SET THE TIME

- Press & Hold **[MODE]** to enter the setting screen, press **[MODE]** again to select TIME.
- The order of setting is: Second (SEC), Hour (HOUR), Minute (MIN), Dual Time Difference (T2+) and Hourly Chime (CHIME).
- Default Hourly Chime (CHIME) is “OFF” a beep sound will be heard when the minute digit arrives 00.

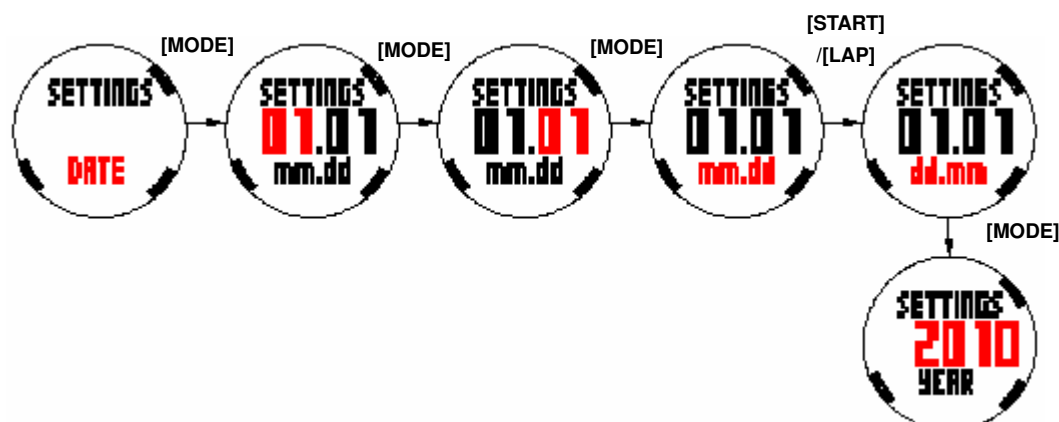


- Press **[MODE]** to jump to next screen, press & hold **[MODE]** to confirm.



## TO SET THE DATE

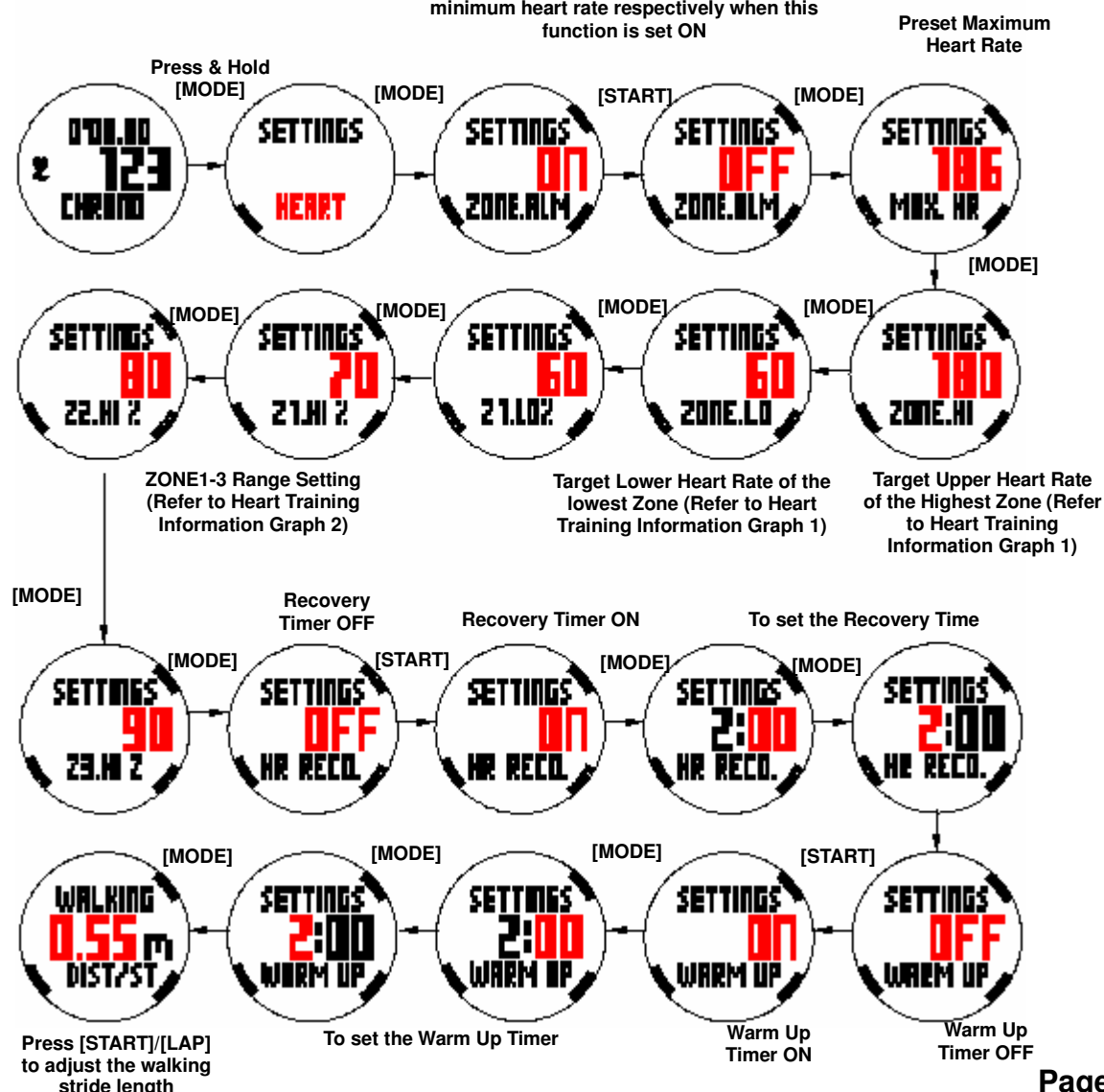
- Press & Hold **[MODE]** to enter the setting screen, press **[MODE]** again to select **DATE**.
- The order of setting is: Month (MM), Date (DD), Date-Month Format (DDMM or MMDD), and Year Format (YEAR).

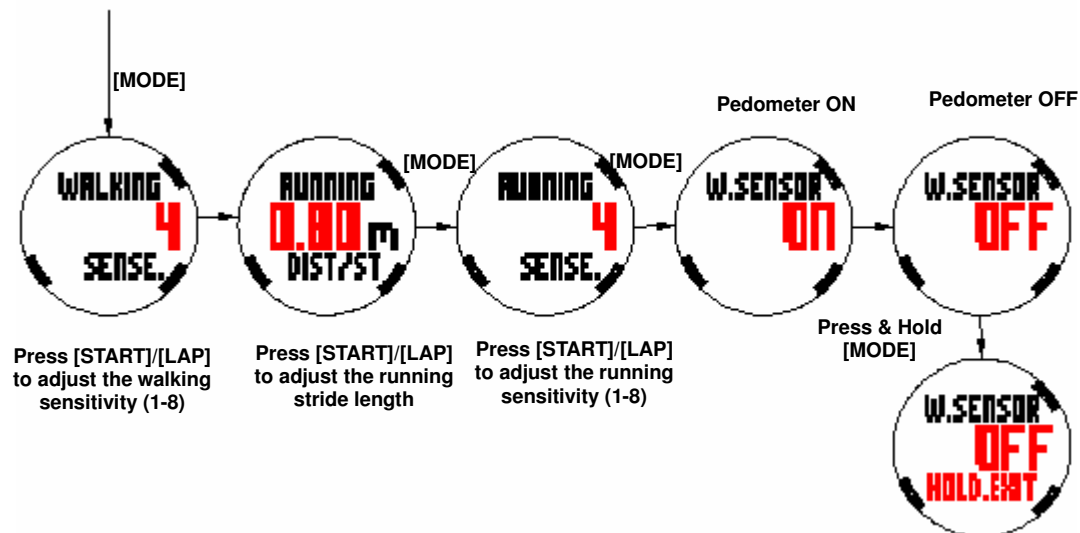


## TO SET THE EXERCISE/STOPWATCH TIMER

Experienced user can perform the Training Zone (ZONE) and Heart Rate Recovery (RECO), Warm Up and Pedometer settings in advance.

A beep sounds when the measured heart rate is higher / lower than the preset maximum / minimum heart rate respectively when this function is set ON





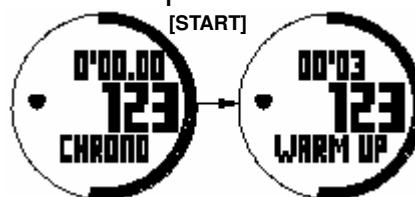
- Press & Hold **[MODE]** to enter the heart rate and pedometer setting.
- Press **[START]** or **[LAP]** to adjust the values, press **[MODE]** to jump to next screen.
- Press & Hold **[MODE]** to confirm and quit.

To accurately measure your steps taken information, you must input accurately your stride length and sensor sensitivity in both walking and running action. If the actual result varies significantly from measured result, you are required to adjust the sensitivity level (SENSE), 1 for the highest sensitivity and 8 for the lowest sensitivity.

Note: User can get the information on the section of the “**Heart Training Information**”

## EXERCISE/STOPWATCH TIMER (CHRONO)

Exercise / Stopwatch timer is to perform lap taking and corresponding time counting(s). The heart rate will be displayed at the lower part of the stopwatch after wearing the chest strap.



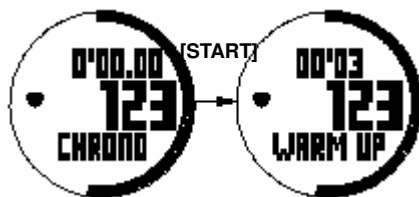
Note: Please wear the chest strap properly if there is no heart rate detected after wearing.

If the watch shows the following screen finally after the heart rate is displayed, please re-enter either the stopwatch or count down timer mode again as the heart rate signal is disconnected for a short period of time.

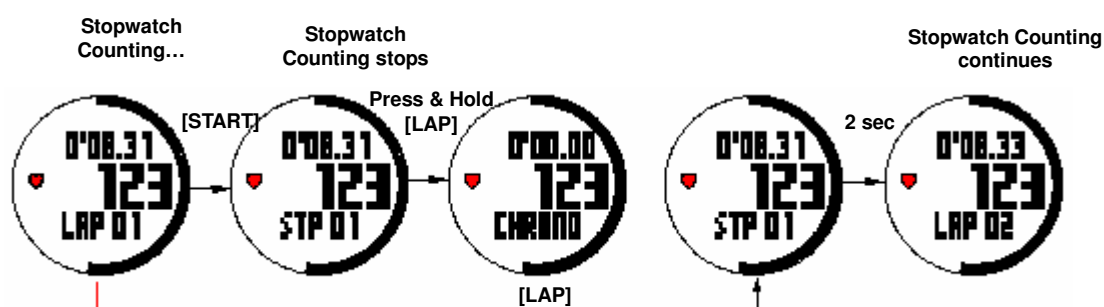


There is a warm up timer to treat as the time required for user to have warm up exercise (Default – OFF).

It will immediately jump into the warm up exercise timer if it is set ON after pressing **[START]**.



- Press **[START]** again can quit the warm up exercise mode, a beep sounds and the lap counting starts immediately.
- Press **[START]** will stop the stopwatch counting or **[LAP]** to show the “SPLIT” time. It will automatically jump back to stopwatch counting after 2 seconds.



- Press & Hold **[LAP]** will erase the memory record after the stopwatch timer is paused.

If the “Recovery” is set ON, press **[LAP]** after stopwatch counting stopped will start the “Recovery Timer”. You can see the heart rate dropped during that recovery period.

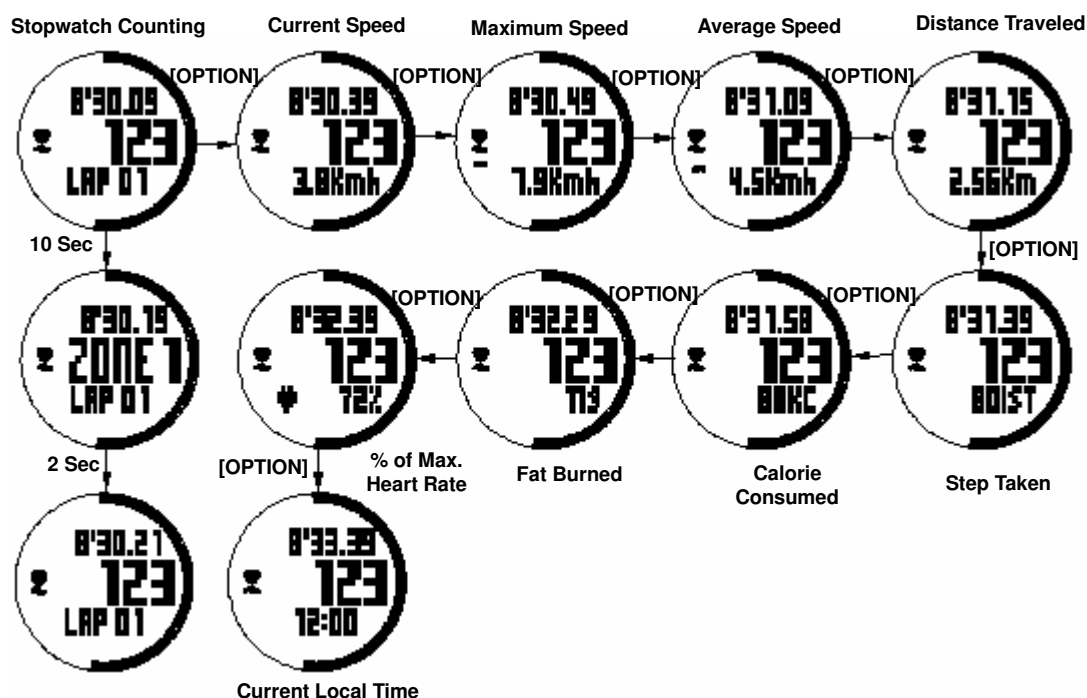


- During the “Recovery Timer” period, press **[LAP]** will pause the recovery time and show the heart rate dropped within that time period.

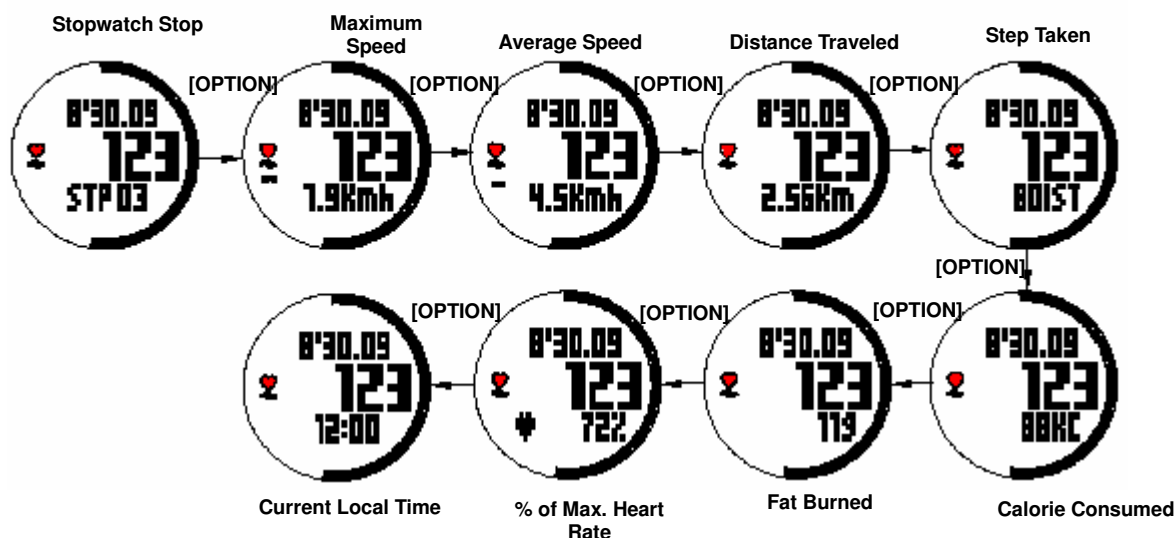


## TO VIEW THE EXERCISE / STOPWATCH TIMER DETAIL (CHRONO)


- Press **[OPTION]** at any time during the exercise will display different information: Current Speed, Maximum and Average Speed, Distance Traveled, Step Taken, Calorie Consumed, Fat Burned and Current Local Time.



- Press **[OPTION]** at any time after the exercise timer is paused will display different information: Lap Number, Maximum and Average Speed, Distance Traveled, Step Taken, Calorie Consumed, Fat Burned and Current Local Time.



## TO ENABLE/DISABLE THE PEDOMETER SENSOR

Disable the Pedometer Sensor, you can stop the measurement about the step counting and its related information (e.g. speed, distance traveled...). The indicator  will also be disappeared on the screen.

- Enable and Disable the Pedometer Sensor, you can perform it on “TO SET THE EXERCISE / STOPWATCH TIMER”.

Disable the Pedometer Sensor

Enable the Pedometer Sensor



- In addition, the pedometer sensor will be disabled if it cannot detect your arm swing within 15 minutes, and the heart rate will not be shown at this time.



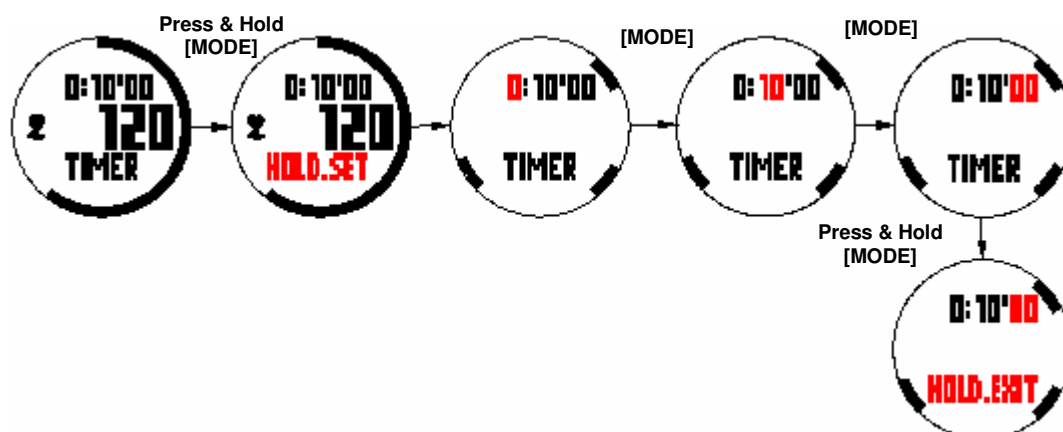
- Press any key under the above screen will enable the sensor again.

Note: The function of enable / disable pedometer sensor is working simultaneously on both exercise / stopwatch timer and count down timer.

## TO SET THE COUNT DOWN TIMER

You are requested to set the count down timer before using it.

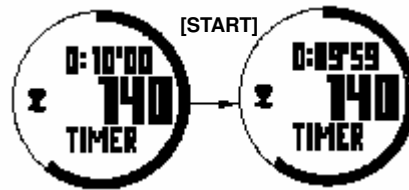
- Press & Hold **[MODE]** to start the count down timer setting, the order of setting is HOUR and MINUTE, press **[START]** or **[LAP]** to adjust the time. Press & Hold **[MODE]** again to confirm.



- A beep sound will be listed when the count down timer is finished.

## COUNT DOWN TIMER

Count Down Timer is to perform the heart rate training within a specified time. The operation is highly similar to the exercise / stopwatch counting.



- Press **[START]** at any time during counting to pause the timer, press **[START]** again to resume the timer.
- To reset the counter timer, Press and Hold **[LAP]** while timer's time is finished or at pause status.



If the warm up timer (WARMUP) and recovery timer (RECO) are set to ON.



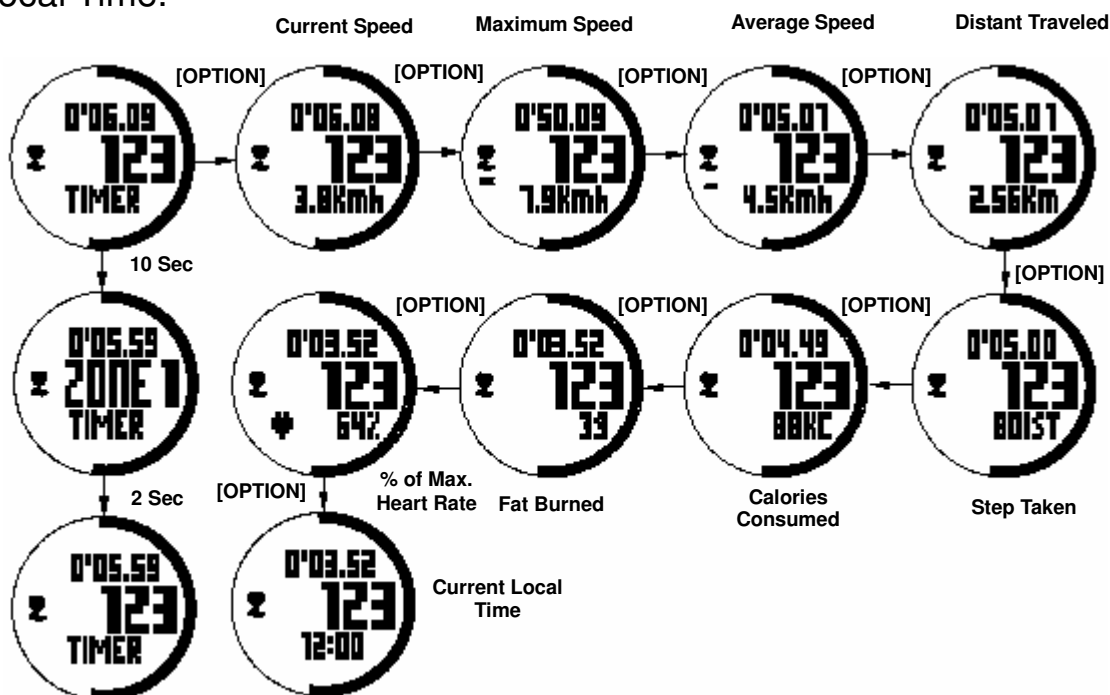
- It will start count down timer when the warm up (WARMUP) timer is finished.
- It will start recovery timer (RECO) when the count down timer is finished.

Note: Since the warm up and recovery timer are used together in both exercise/stopwatch timer and count down timer, the adjustments of these two timers are effective on both timers too.

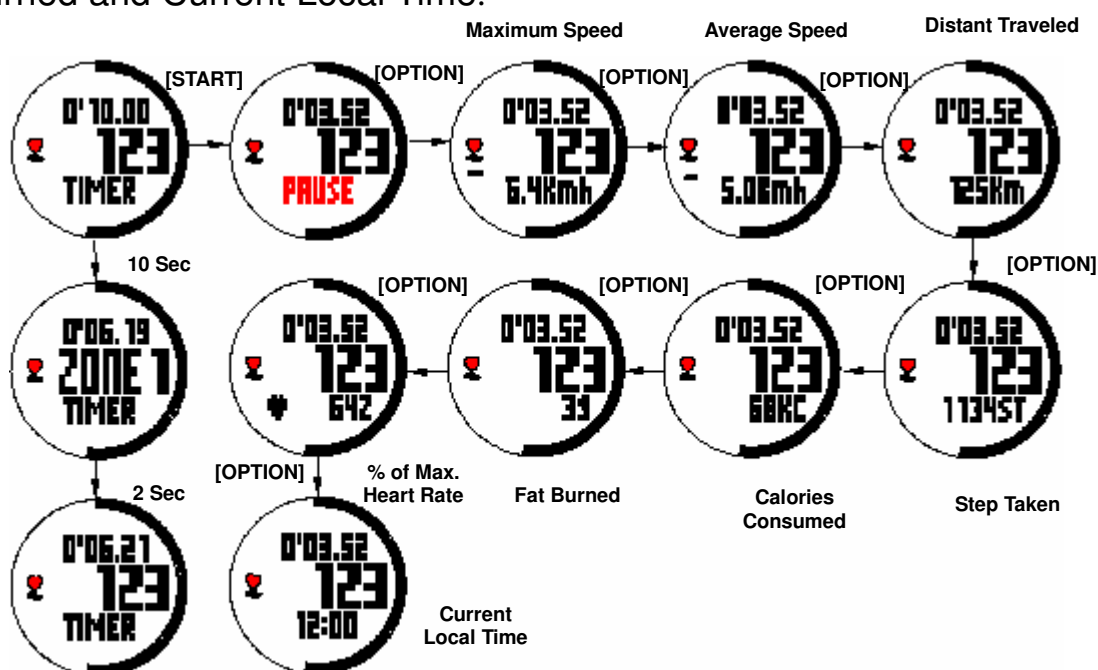
## TO VIEW THE COUNT DOWN TIMER DETAIL

Same as the exercise / stopwatch counting, the zone level will be measured and displayed on the screen.

- Press **[OPTION]** at any time during the exercise will display different information: Current speed, Maximum and Average Speed, Distant Traveled, Step Taken, Calorie Consumed, Fat Burned and the Current Local Time.



- Press **[START]** to pause, press **[OPTION]** to display the Maximum and Average Speed, Distance Traveled, Step Taken, Calorie Consumed, Fat Burned and Current Local Time.

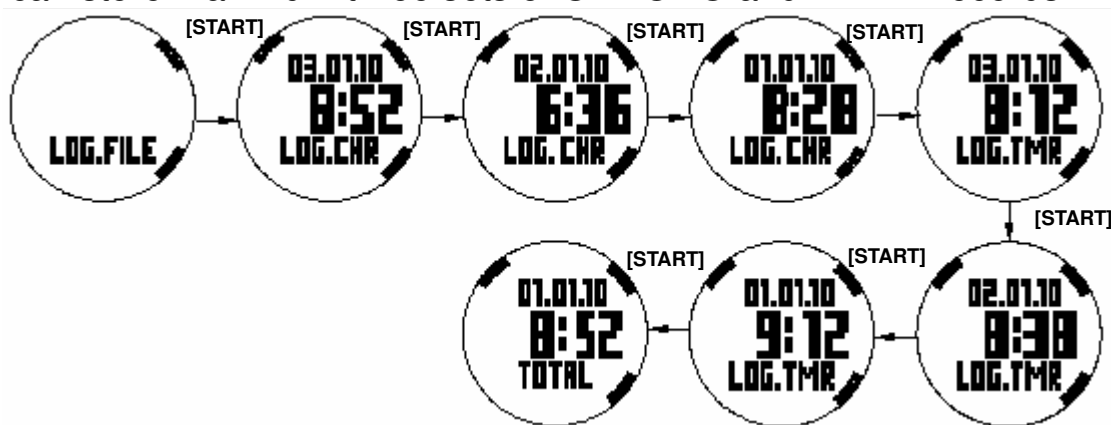


- The pedometer function can be enabled / disabled under the count down timer mode. Details can refer to "To Enable / Disable the Pedometer sensor".

## LOG

User Log is to check back the user record. It includes the cumulative record (TOTAL), exercise/stopwatch counting (CHRONO) and count down timer counting (TIMER), from the date that the memory being cleared.

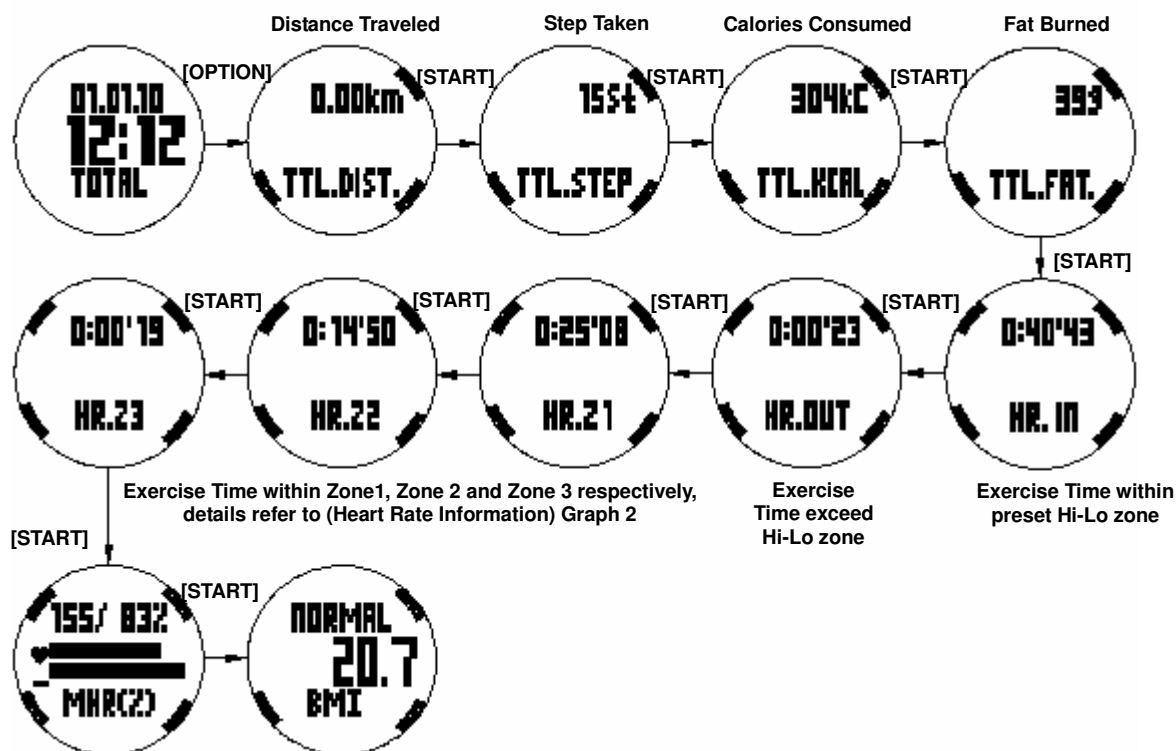
- It can store maximum three sets of CHRONO and TIMER records.



## TOTAL RECORD

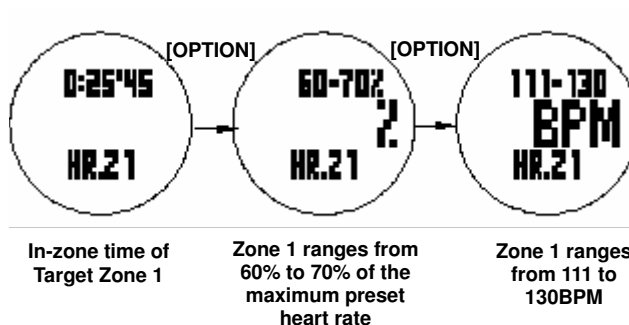
Information includes Distance traveled, Step Taken, Calorie Consumed, Fat Burned, Heart Rate In-zone and Out-zone Time, Time consumed within each zone, Maximum Heart Rate recorded and BMI values.

- Press **[OPTION]** to view detailed information, press **[START]** or **[LAP]** to view other related information.





- Press **[OPTION]** under corresponding zone (zone1-3) screens to view its setting range



- Press **[MODE]** to quit.

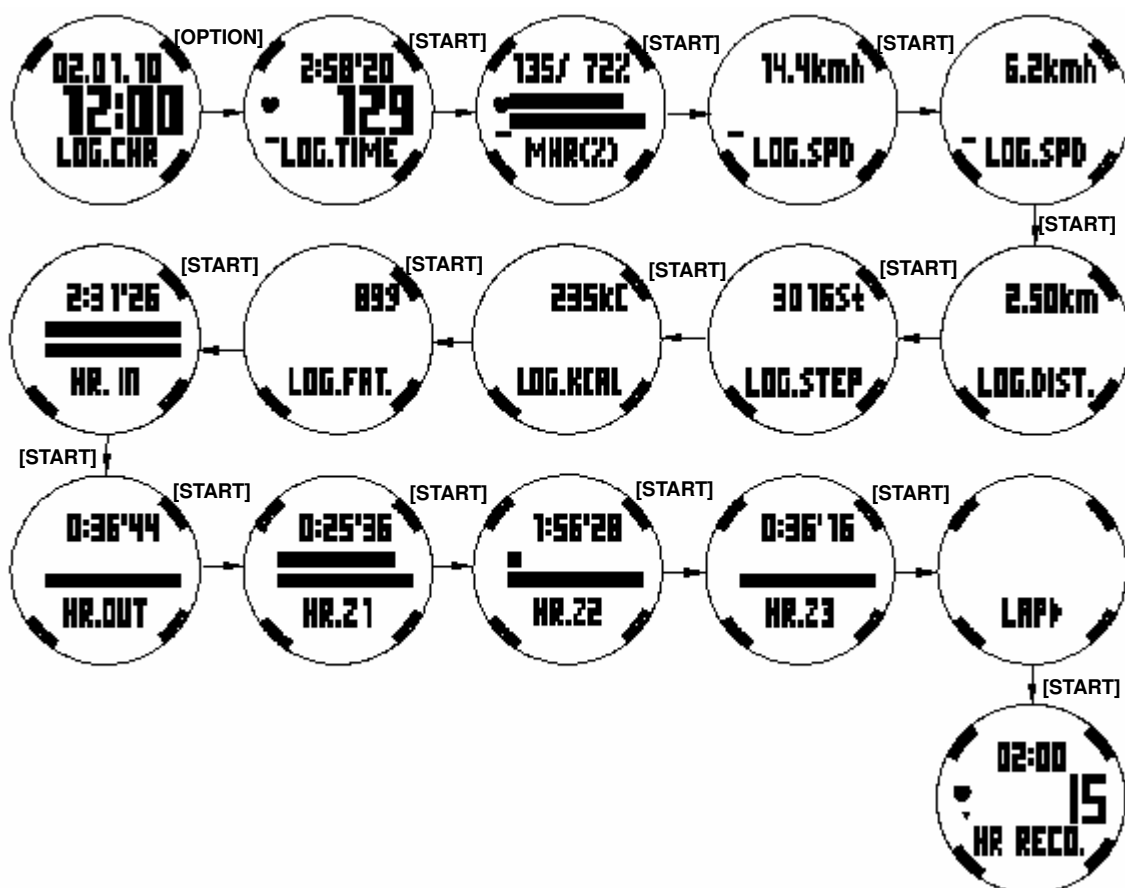
BMI index is to reflect your health information, please refer to BMI details:

BMI Index	Description	Notification on the Watch
<18.5	Underweight	U
18.6 -24.9	Standard	N
>25.0	Overweight	O










## EXERCISE/STOPWATCH TIMER RECORD(Three Sets of Training Record)



Exercise/Stopwatch Timer Record records Exercise Date & Time, Total Exercise Time, Maximum and Average Heart Rate, Maximum and Average Speed, distance traveled, step taken, calorie consumed, Fat Burned, Heart Rate In-zone and Out-zone time, time consumed within each zone, [LAP] records details and heart rate after recovery time.

- Press **[OPTION]** under the L-STW screen will have the detailed view, press **[START]** or **[LAP]** to view its related details.





	The chrono records the exercise at 2nd January 2010, at PM12:00
	The chronograph records the exercise time at 2 Hour 58 Minutes and 20 seconds with Average Heart rate at 129
	The chronograph records the maximum heart rate at 135BPM and at 72% of the preset maximum heart rate
	The chronograph records the maximum speed at 14.4Km/Hr
	The chronograph records the average speed at 6.2Km/Hr








	The chronograph records the distance traveled at 2.5Km
	The chronograph records the step taken at 3016 steps
	The chronograph records the calorie consumed at 235Kcal
	The chronograph records the Fat Burned at 89 gram
	The chronograph records the tarning time within Pre-set Hi-Lo Zone range on 2 Hours 31 Minutes and 26 Seconds
	The chronograph records the tarning time out Pre-set Hi-Lo Zone range on 36 Minutes and 44 Seconds
	The chronograph records the tarning time in Zone 1 range on 25 Minutes and 36 Seconds
	The chronograph records the tarning time in Zone 2 range on 1 Hour 56 Minutes and 28 Seconds
	The chronograph records the tarning time in Zone 3 range on 36 Minutes and 1 Seconds

	The chronograph records the detailed [LAP] information, press [OPTION] to view those record details
	The chronograph records the heart rate dropped after the heart rate recovery timer (i.e. 2 minutes) at 15BPM

- Press **[OPTION]** under LAP screen to view its related details. Press **[LAP]** continuously to choose the desired Lap, press **[START]** to view the detailed information; Average and Maximum Lap Time, Lap Distance, Step Taken, Average and Maximum Heart Rate, Calorie Consumed of the Lap and Lap time.



	Lap 01 records the exercise time at 25 minutes, 7 Seconds and 76/100
	Lap 01 records the average speed at 14.4Km/Hr

	Lap 01 records the maximum speed at 6.2Km/Hr.
	Lap 01 records the distance traveled at 2.5Km.
	Lap 01 records the step taken at 3076 steps.
	Lap 01 records the average heart rate at 125 BPM
	Lap 01 records the maximum heart rate at 155 BPM
	Lap 01 records the calorie consumed at 235Kcal
	Lap 01 records the fat Burned at 89 gram
	SPL 01 records the exercise time from start to end of lap 01 on 26 Minutes 1 sec and 16/100 .

- Press **[MODE]** to quit, use same operation procedures to view the second record.

## COUNT DOWN TIMER RECORD (Three Sets of Training Records)

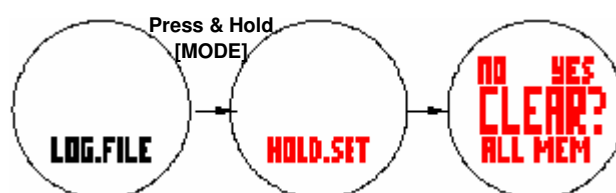
Count Down Timer Record records Count Down Date & Time, Count Down Exercise Time, Maximum and Average Heart Rate, Maximum and Average Speed, distance traveled, step taken, calorie consumed, Heart Rate In-zone and Out-zone time, Time consumed, Fat Burned within each zone and heart rate after recovery time.



- Press **[MODE]** to quit, use same procedures to view the second record.
- As same as the stopwatch timer, press **[OPTION]** under the Count Down timer screen will have the detailed view, press **[START]** or **[LAP]** to view its related details.

## MEMORY CLEAR

- Press & Hold **[MODE]** in the LOG mode will jump to the memory clear process
- Press **[START]** or **[LAP]** to choose “YES”, press **[MODE]** to confirm. Choose “NO” will not perform memory clear operation.



## TO SET THE ALARM

The Alarm default setting is set OFF, please set the alarm time before use.

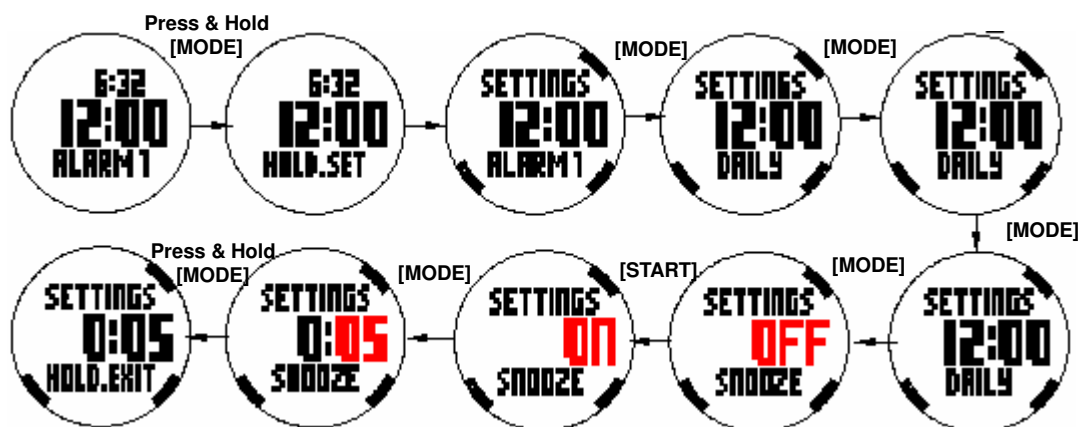
- Press **[START]** to activate or deactivate the alarm.
- Press & Hold **[MODE]** to start the alarm setting.
- Press **[START]** or **[LAP]** to adjust the time, press **[MODE]** to jump to next screen.



## TO SET THE SNOOZE ALARM

To activate the snooze function, please set SNZ ON during the alarm setting.

- Press **[START]** or **[LAP]** to adjust the snooze time, press **[MODE]** to jump to the next screen.
- Press & Hold **[MODE]** to confirm the setting.
- 



## ALARM TIME ARRIVED

The alarm sounds daily when the alarm function is set and time arrives, press ANY KEYS can stop the alarm sounds.

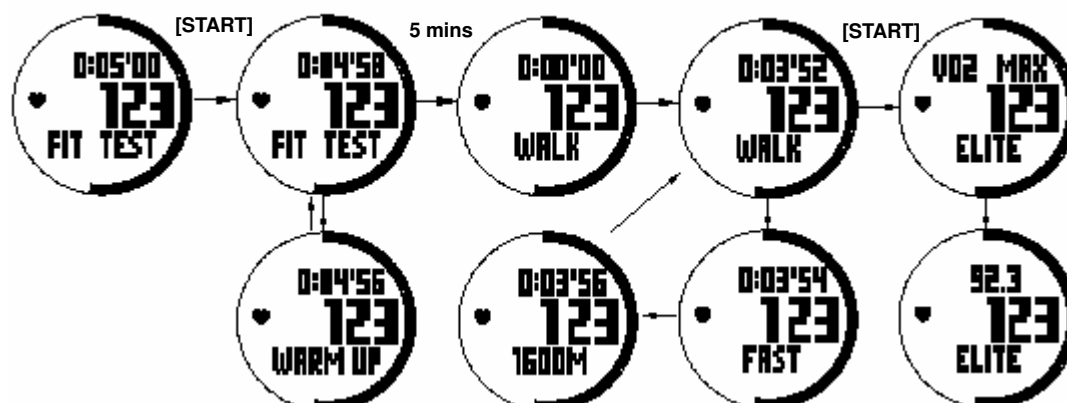
- If the snooze function is activated, press **[OPTION]**, **[START]** or **[LAP]** to confirm the snooze function. The alarm will sound again when the snooze time is arrived.
- Press **[MODE]** to turn off the snooze function.

## FITNESS TEST- Indirect VO2/Kg Test (for HRP573 only)

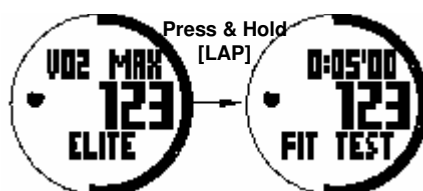
It is the test to measure your blood oxygen level, it implies your body's fitness that base on such information.

- Press **[START]** under FITNESS TEST Mode to start, it provides 5 minutes warm up time. Press **[START]** again to skip the warm up time.

- Press **[START]** again to stop the 1600m walking test, it displays the testing results, VO2 max value and the body fitness index. (For details about fitness index, please refer to Appendix 2)



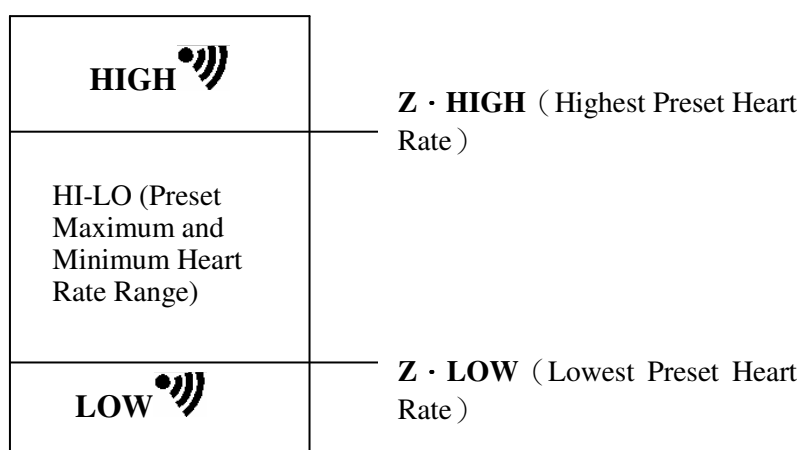
- Press and Hold **[LAP]** at any time to clear the record.



## HEART RATE INFORMATION

### 1. HEART RATE INFORMATION

You can make use the highest and lowest heart rate to set the training zones, it can be measured through the stopwatch or count down timer counting; and your heart rate is detected. If the measured heart rate exceeds highest or lowest heart rate; and the zone alarm is set ON, the alarm will beep on every 10 seconds to remind you that your heart rate is without the training zones.

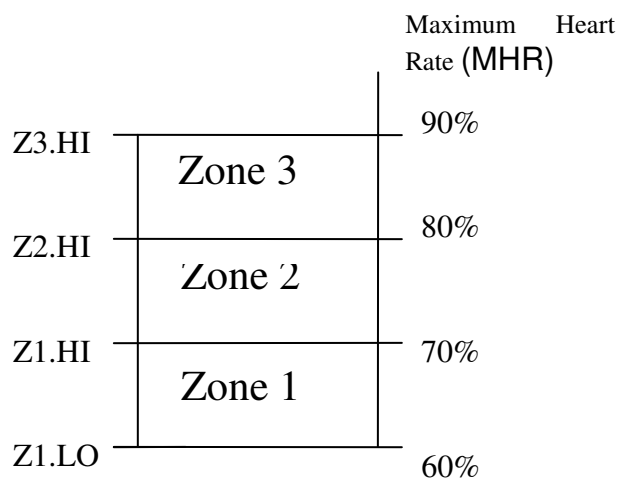


Preset Heart Rate Graph (Graph 1)



## 2. Training Zones

The watch contains 3 training zones to detailed understand what region do your heart rate fall within. You can use it as your exercise indicator, and move towards to your target health condition.



Training Zones (Graph 2)

- Different training zone has different effects, including fat Burneding, improving aerobic and lactic acid threshold zone.
- If you want to control your body health, your exercise follows the heart rate range of Zone 1.
- The training zone ranges will vary according to the difference in the personal information.
- Maximum heart rate can be obtained according to your age :

Max Heart Rate (Male) =  $214 - \text{Age} \times 0.8$

Max Heart Rate (Female) =  $209 - \text{Age} \times 0.7$

And make use different training conditions to obtain different training zones :

Zone	Percent of Maximum Heart Rate	Suggested Exercise Duration	Description
Zone 1 – Fat Burneding Zone	60-70%	40-90 minutes	Training in this zone, your stored body fat is used primarily hence this zone is referred as the fat Burneding zone. It also improves the ability of your heart to pump blood and improves the muscles ability to utilize oxygen. The body is then becoming more efficient at feeding the working muscles.
Zone 2 – Aerobic Zone	70-80%	10-40 minutes	This zone is effective for overall cardiovascular fitness. Training in this zone increases your respiratory capacity to transport oxygenated blood to the muscle cells and away

			from the cells. Your body will then Burned less glucose and more stored fat as energy source and hence it is effective for increasing the overall muscle strength.
Zone 3 – Improve Lactic Acid Threshold Zone	80-90%	3-10 minutes	Training in this zone helps to increase the lactic acid threshold. The intense exercise takes your body to produce lactic acid, which is a by-product of glycogen consumption by the working muscles. The point at which the body cannot remove lactic acid as quickly as it is produced is called the lactic acid threshold. Training in this zone is harsh; your muscles will easily get tired and your breathing will become heavy. This zone is primarily for people who want to increase their performance levels and anaerobic tolerance.
Above Zone 3	>90%	0-3 minutes	You will only be available training over zone 3 for a very short period. In this zone, lactic acid develops quickly as you are making oxygen debt to the muscles. Not many people can stay in this zone more than a few minutes.

*NOTE: No duration record will be taken for above Zone 3.*

The above “Percent of Maximum Heart Rate” are suggested values, it may be inappropriate if you change the related settings. It is advisable to change those settings only if you are an experienced user.

## BACKLIGHT

- Press & Hold **[OPTION]** for half second to turn on the backlight. If there is no key pressed within 3 seconds, the backlight will be turned off.

## BATTERY CHANGE

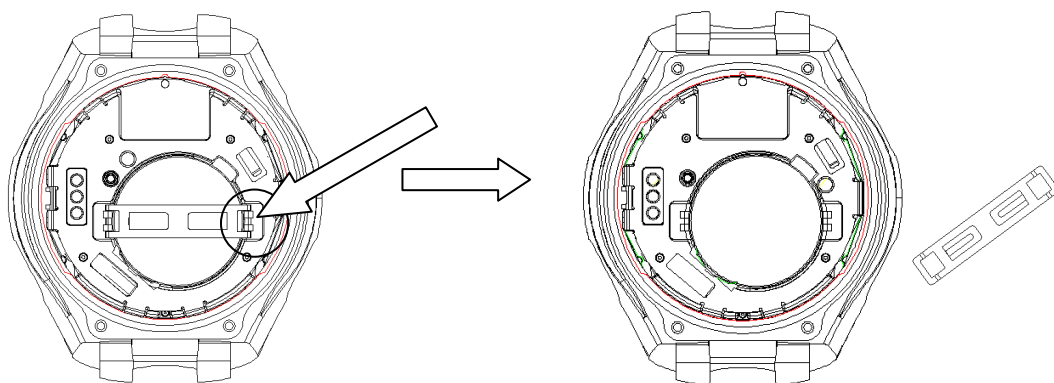
**\* In order to avoid any damage, you are strongly advice to change battery in Authorized Service Center**

### Heart Rate Monitor

- A Battery-Lo icon will turn ON when the battery level is low. Under these circumstances, the backlight and alarm sounds will be OFF too in order to lengthen the battery lifetime.



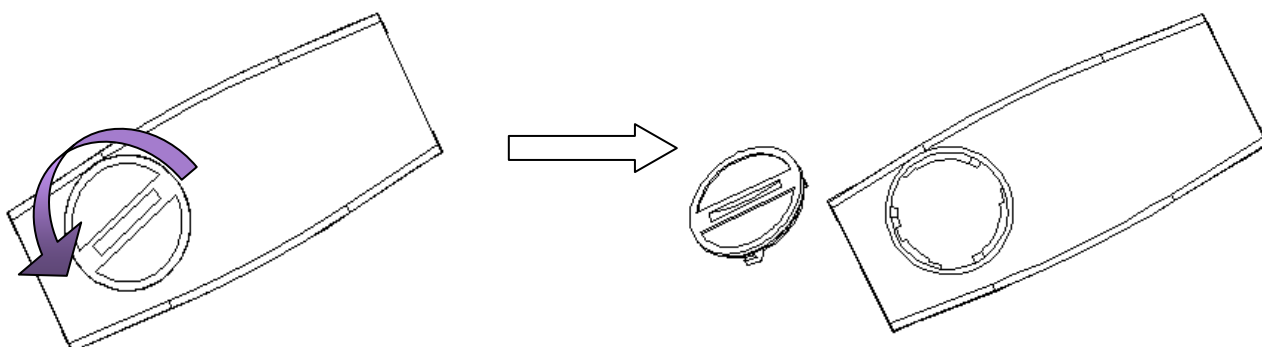
- User should change the battery as soon as possible under this condition



- Use a screwdriver to open the bottom case
- Change the battery and cover back the bottom case
- Please make sure all the parts e.g. Gasket and screws are installed properly after the new battery is replaced.

### **Chest Strap**

- If the heart information reception is unstable or not received, it means the battery level of the chest strap is not enough.
- Use a coin to open the battery holder in counter clockwise direction.



- Change the battery and cover back the bottom case.
- Screw back the battery holder in clockwise direction, please make sure all the parts e.g. Gasket and screws are installed properly after the new battery is replaced.

## **PRECAUTION**

- The content of this user manual is subject to change without notice.
- The product is supposed to resist raindrops, water splash as well as showering only.
- Ensure the buttons and battery compartment are secured and intact before exposing the watch to excessive water.
- Avoid pressing the buttons while in the water or during heavy rainstorms, as this may cause water to enter the watch, leading to malfunction.
- Interference may happen when the user is near high voltage power

lines, mobile phone, television, computer, trams and motor driven equipments. Heart rate measurement accuracy may be affected

- The use of this device is for sport purposes only which is not meant to replace any medical advice.
- Non-rechargeable and rechargeable batteries must be disposed of properly.
- To reduce the risk of fire or Burneds, do not dispose the device of in fire.
- Manufacturer and its supplier will not be responsible for any loss, damages, expenses, lost profits and lost savings by using this product.

## **TECHNICAL SPECIFICATION**

### **Watch**

- Water Resistance: 30m / 100ft (Not intended for swimming or diving)
- Battery: CR2032

### **Clock**

- Resolution: 1 second
- Time Format: Hour, Minute, Second, AMPM
- Date Format: 12 or 24 Hour Format
- Calendar Format: 2010 to 2099Year: Month, Date, Day of the Week

### **Alarm**

- Once Alarm, Daily Alarm or Snooze Alarm
- Alarm Time: 30 seconds

### **Stopwatch Timer**

- Resolution: 1/100 second
- Chronograph Range: 99:59:59
- Step Range: 0-99999 steps
- Distance Traveled: 0-999.99KM / 0-621MILE
- Calorie Consumed: 0-99999KCAL

### **Count Down Timer**

- Resolution: 1 second
- Count Down Range: 23:59
- Time Arrived Alert: Last Minute, every 10 seconds once in last minute, every second in last 5 seconds; beep for 10 seconds when alarm time arrives

### **Calorie Consume and Fat Burned Range**

- Calories: 0-99999kcal
- Fat : 0-12959gram / 0-28Lb

## Heart Rate

- Heart Rate Range: 30 – 240 BPM

## Preset User Information

- Gender : Male
- Age : 35
- Weight : 60KG
- Height : 170cm
- BMI : 20.7
- Stride Length(WALK) : 0.55m
- Walking Sensitivity(SENSE) : 4
- Stride Length(RUN) : 0.80m
- Running Sensitivity : 4
- Zone 1 : (60-70%) (111 –130) BPM
- Zone 2 : (70-80%) (130 –148) BPM
- Zone 3 : (80-90%) (148 –167) BPM
- Z.HIGH : 180 BPM
- Z.LOW : 60BPM

## Chest Strap

- Water Resistance: For splash and raindrops only, not intended for swimming.
- Battery: CR2032

## APPENDIX 1

### SPORT type

SPORTS	FACTOR	SPORTS	FACTOR
BADMINTON	0.5	JUMP 125/MIN	1.111
BASKETBALL	0.778	JUMP 145/MIN	1.333
CANOING LEISURE	0.389	RUN X- COUNTRY	1
CANOING RACING	1.333	RUN LOW	1
CROSS LEVEL 1	0.889	RUN MEDIUM	1.556

CROSS LEVEL 3	1.333	RUN HIGH	2
CLIMBING HILLS	0.778	SKIING DOWN	0.667
CYCLING 5.5 MPH	0.444	SKIING X-COUNTRY	1
CYCLING 9.4 MPH	0.667	SOCCER	1.111
CYCLING-RACING	1.111	SQUASH	1.333
DANCING BALLROOM	0.778	TABLE- TENNIS	0.444
DANCE MEDIUM	0.889	TENNIS	0.778
DANCE INTENSE	1	VOLLEY BALL	0.889
GYMNASTIC	0.444	WEIGHT TRAINING	0.667
HANDBALL	1.333	USER HIGH	2.222
HIKING	0.667	USER MEDIUM	1.222
HORSE TROT	0.889	USER-LOW	0.667
HORSE GALLOP	0.722		
ICE-HOCKEY	1		
JUMP-70/MIN	0.889		
JUMP-80/MIN	1		

## APPENDIX 2

### Indirect VO<sub>2</sub>/Kg Test – Rockport Fitness Walking Test

It is one indirect test you can do yourself.

To perform the test, all you need is the weight and age and to walk one mile (around 1600m). Before the walk, warm up with some stretching. After the warm up, walk one mile (around 1600m) as fast as possible and note the time it took you. Immediately after finishing the mile (around 1600m), take your pulse.

Base on the Rockport testing method, the result index will shown as follow:

Women (values in ml/kg/min)

Age	Poor	Poor	Fair	Average	Good	Elite
<b>13-19</b>	<25.0	25.0 - 30.9	31.0 - 34.9	35.0 - 38.9	39.0 - 41.9	>41.9
<b>20-29</b>	<23.6	23.6 - 28.9	29.0 - 32.9	33.0 - 36.9	37.0 - 41.0	>41.0
<b>30-39</b>	<22.8	22.8 - 26.9	27.0 - 31.4	31.5 - 35.6	35.7 - 40.0	>40.0
<b>40-49</b>	<21.0	21.0 - 24.4	24.5 - 28.9	29.0 - 32.8	32.9 - 36.9	>36.9
<b>50-59</b>	<20.2	20.2 - 22.7	22.8 - 26.9	27.0 - 31.4	31.5 - 35.7	>35.7
<b>60+</b>	<17.5	17.5 - 20.1	20.2 - 24.4	24.5 - 30.2	30.3 - 31.4	>31.4

Men (values in ml/kg/min)

Age	Poor	Poor	Fair	Average	Good	Elite
<b>13-19</b>	<35.0	35.0 - 38.3	38.4 - 45.1	45.2 - 50.9	51.0 - 55.9	>55.9
<b>20-29</b>	<33.0	33.0 - 36.4	36.5 - 42.4	42.5 - 46.4	46.5 - 52.4	>52.4
<b>30-39</b>	<31.5	31.5 - 35.4	35.5 - 40.9	41.0 - 44.9	45.0 - 49.4	>49.4
<b>40-49</b>	<30.2	30.2 - 33.5	33.6 - 38.9	39.0 - 43.7	43.8 - 48.0	>48.0
<b>50-59</b>	<26.1	26.1 - 30.9	31.0 - 35.7	35.8 - 40.9	41.0 - 45.3	>45.3
<b>60+</b>	<20.5	20.5 - 26.0	26.1 - 32.2	32.3 - 36.4	36.5 - 44.2	>44.2